

Digital Wellbeing Sprint

New digital solution development quickly – and for free!



Is Digital Wellbeing Sprint right for you?

- Do you need fresh thinking and "out of the box" -ideas for your company's or organization's digital solutions related to health and wellbeing?
- Do you lack resources to improve the functions or operations of your company or organization?
- Do you have a challenge that you could let a group of students solve? The innovative student teams develop concepts and test them with real users!

If your answer is YES to one or more questions above, joining the Digital Wellbeing Sprint would be a great opportunity!

Participation is free of charge and you can get a lot, if you are ready for it!

What's in it for you?

- ***Outcomes of this project will be proactive, new, innovative service prototypes developed using service design methods and tested with real users!***
- Contribution of multidisciplinary and multicultural students for your challenge
- New and fresh ideas from talented students
- Knowledge and know-how about digital services and new technologies (artificial intelligence, interaction in a digital environment etc.)
- If you wish, you can also attend the Digital Wellbeing Sprint as a student (5 credits).

Your contribution to this project

- We hope you can participate in the co-creation project by:
 - Providing us with the **development challenge**
 - **Attending the sprint** for a few hours on key dates to provide insight to the student team.
 - Finally giving your valuable **feedback on the finished prototype**.
- We will provide instructions for defining the challenge and are happy to help you phrase the concrete development challenge.

Attending the sprint

- ***The more you attend – the more you will get!***
 - The more insight you provide the team on your customers, challenges and your work related to the challenge, the more value you will get from the solution! You can attend as much as you want, but the following days you will be needed.
- Days that you need to attend:
 - **1st sprint day - Kick-off:** Introduce development challenge, provide insight and answer specific questions from students.
 - **4th sprint day:** Vote on the direction the team will take in the prototyping phase.
 - **6th sprint day (voluntary):** First glance at the prototype through an interview. This presents an opportunity for still some fine tuning.
 - **7th sprint day:** Final presentations.

Background of Digital Wellbeing Sprint

- **Digital Wellbeing Sprint** – is an intensive course organized by Laurea, Haaga-Helia and Metropolia University of Applied Sciences (also called 3UAS) and it is based on open innovation and co-creation methods. The project includes seven intensive working days when students in multidisciplinary teams create future digital services for the health and wellbeing sectors. Teams generate ideas and test user friendly digital solutions for the partner organizations.
- **Participants:** Based on experiences from previous years we expect 30–60 students to enroll and they will formulate 6–10 teams. All teams are guided and supported by the tutors, who are selected from amongst Master level students. The project team includes a project manager and three teachers from the organizing schools.



Success stories

DWS 2023:

Disior:

"Overall a fun and creative experience that brings fresh and innovative ideas, knowledge sharing, positive brand association and possible talent acquisition opportunities amongst many other things. Both students and the companies involved will gain significant value. Totally worth participating!"

DWS 2022:

Spouse Program, City of Helsinki:

"The city of Helsinki's Spouse Program had the great opportunity to participate at the 3UAS Design Sprint Challenge. An experience I would recommend any organization which wants to benefit from fresh ideas and creative input by dedicated students who, in our case, really helped us to discover new perspectives to improve our program."